

Summer 18/19 Training Schedule

TEAM	Training Day	Training Time	Training Location
X08.HT1	Tuesday	4.00 to 5.00pm	Junior Gym
X08.HT2	Thursday	4.00 to 5.00pm	Junior Gym
X08.HT3	Thursday	4.00 to 5.00pm	Junior Gym
X08.HT4	Thursday	5.00 to 6.00pm	Junior Gym
X08.HT5	Tuesday	4.00 to 5.00pm	Junior Gym
X10.HT1	Monday	6.30 to 7.30pm	Senior Gym
X10.HT2	Tuesday	6.00 to 7.00pm	Junior Gym
X10.HT3	Wednesday	5.00 to 6.00pm	Junior Gym
X10.HT4	Thursday	4.00 to 5.00pm	Senior Gym
G10.HT1	Thursday	5.00 to 6.00pm	Senior Gym
G10.HT2	Monday	5.00 to 6.00pm	Junior Gym
G10.HT3	Monday	5.00 to 6.00pm	Junior Gym
B12.HT1	Tuesday	4.00 to 5.00pm	Senior Gym
B12.HT2	Thursday	6.00 to 7.00pm	Senior Gym
B12.HT3	Tuesday	5.00 to 6.00pm	Junior Gym
B12.HT4	Wednesday	6.00 to 7.00pm	Junior Gym
B12.HT5	Tuesday	5.00 to 6.00pm	Senior Gym
B12.HT6	Tuesday	5.00 to 6.00pm	Junior Gym
B12.HT7	Tuesday	5.00 to 6.00pm	Senior Gym
G12.HT1	Thursday	4.00 to 5.00pm	Senior Gym
G12.HT2	Monday	6.00 to 7.00pm	Junior Gym
G12.HT3	Thursday	5.00 to 6.00pm	Senior Gym
G12.HT4	Tuesday	7.00 to 8.00pm	Junior Gym
B14.HT1	Monday	6.30 to 7.30pm	Senior Gym
B14.HT2	Monday	5.30 to 6.30pm	Senior Gym
B14.HT3	Monday	5.30 to 6.30pm	Senior Gym
B14.HT4	Thursday	7.00 to 8.00pm	Junior Gym
B14.HT5	Thursday	6.00 to 7.00pm	Senior Gym
B14.HT6	Thursday	7.00 to 8.00pm	Junior Gym
B14.HT7	Thursday	6.00 to 7.00pm	Junior Gym

B14.HT8	Tuesday	7.00 to 8.00pm	Junior Gym
G14.HT1	Monday	7.30 to 8.30pm	Senior Gym
G14.HT2	Wednesday	5.00 to 6.00pm	Senior Gym
G14.HT3	Wednesday	5.00 to 6.00pm	Senior Gym
B16.HT1	Tuesday	8.00 to 9.00pm	Junior Gym
B16.HT2	Monday	6.00 to 7.00pm	Junior Gym
B16.HT3	Wednesday	7.00 to 8.00pm	Junior Gym
B16.HT4	Wednesday	8.00 to 9.00pm	Junior Gym
B16.HT5	Wednesday	8.00 to 9.00pm	Senior Gym
B16.HT6	Wednesday	7.00 to 8.00pm	Junior Gym
G16.HT1	Thursday	7.00 to 8.00pm	Senior Gym
G16/18.HT1	Wednesday	6.00 to 7.00pm	Senior Gym
G16/18.HT2	Wednesday	6.00 to 7.00pm	Senior Gym
G16/18.HT3	Thursday	7.00 to 8.00pm	Senior Gym
B18.HT1	Monday	8.00 to 9.00pm	Junior Gym
B18.HT2	Tuesday	8.00 to 9.00pm	Junior Gym
B18.HT3	Thursday	8.00 to 9.00pm	Junior Gym
FNJ B16.HT1	Wednesday	8.00 to 9.00pm	Senior Gym
FNJ B18.HT1	Thursday	8.00 to 9.00pm	Senior Gym
FNJ B18.HT2	Thursday	8.00 to 9.00pm	Senior Gym
FNJ B23.HT1	Wednesday	8.00 to 9.00pm	Senior Gym